Performance Workout One: Skill Endurance Combo Warmup

Athletes struggling with endurance? This warmup starts with a quick active flexibility sequence, then combines leap and skill supersets to build endurance. Great for upper-level athletes who are putting routines together and need help maintaining energy and quality from start to finish.

Coaching Tip: Keep your athletes MOVING! During each superset, transition quickly from one exercise to the next with minimal rest while maintaining good form.

Equipment Needed:

- Panel mats
- Kettlebells
- Squishy mats
- Rope (optional)
- Light object, such as a foam block or light weight

Level: Intermediate to advanced. Increase reps and sets for upper-level athletes. For lower levels, reduce reps and sets and simplify skills as needed.

Time: 30–40 minutes, depending on athlete level and pace.

All Exercise Link:
https://vimeo.com/1243836214/455ab761fe?share=copy&fl=sv&fe=ci

Part One: Quick Active Warmup:

1)Active Shoulder Circle Forward 15

2)Alternating kicks with foot reach 10 each side

3)Hip circle side lunge 10 total

4)Walkout Shoulder Taps 5, quickly!

5)Squat to calf raises feet close 10 controlled

6)Cat back child pose combo 20 total

7) Active Split Rolls (attempt 2 complete rolls each way on each leg)

Part Two; Endurance Skill Work: MOVE QUICKLY between exercises, little to no stopping:

Superset One: Complete two times:

1)Endurance Leap Passes (athletes will do 4 of their leap passes in a row)

2)Mat Flips 4 passes

Superset Two: Complete two times:

1)Endurance burpee three back handsprings 2 passes

2) Rope endurance slams OR Core quickness 3 position mountain climbers 50/ 53 total

Superset Three: Complete Two times:

1)Three back handsprings connected to 2 split jumps (2 passes)

2)Fast Feet on Panel with Kettle bell 100

Superset Four: Complete ONE time

1)Back Tuck Sticks: 3 in a row, quickly!

2)Full range situps arms overhead with any object, ball weight, dowel, foam block 40

BONUS for upper levels if you still have gas left in the tank!

Advanced Endurance Circuit COMPLETE ONE TIME
Video link (not in the portal, YouTube link below)
https://youtu.be/U1L6KwpJMR8

1)Single Leg Step Ups 10 each side
2)SIngleLeg Pistol Squats 10 each side
3)Run To bars flutter up leg lifts 5 up and down 10 total
4) Jump Squat Press 10 with kettles

Performance Workout Two: Total Body Preseason

Keep legs firing and build cardiovascular and muscular endurance with this classic Phase Three warmup. Finish with focused core work to strengthen body tension through skills.

Coaching Tip: This workout works for all levels! The core slider section is more advanced, so adjust reps or simplify body positions as needed to maintain good form.

Equipment Needed:

- 6–8 panel mats
- Agility ladder
- Sliders and parallettes for the final section

Level: All levels, with modifications for the core slider section.

Time: 30–40 minutes.

All Exercise Link:
https://vimeo.com/1245402853/5110bb3e04?share=copy&fl=sv&fe=ci

Part One: Panels: Complete four passes of each exercise

1)Panel Warmup High Knee lateral run right

2)Panel Warmup high knee lateral left

3)Panel Warmup Low frog hops slow/controlled

4)Panel Warmup Low Frog Hops fast

5)Panel Warmup One Arm Monkey Hop

6)Panel Warmup Controlled Single Leg hop right

7)Panel Warmup Controlled single leg hop left

8)Panel Warmup Candle Hops

9)Panel Warmup Side Plank Walk ups

10)Panel Warmup Backward Press pops

Part Two Ladder Work: Complete four passes of each exercise time permitting

1)Ladder Forward High Knees

2)Ladder double hops

3)Ladder forward grapevines Left

4)Ladder Forward grapevines right

5)Ladder 2 in 2 out

6)Ladder Lateral Pushup Pop 2 passes each direction

Part Three: CORE SLIDERS (you need sliders and paralettes (optional but helpful)

1)Core plank slides forward 1 pass across floor

2)Core plank slides backward 1 pass across floor

3)Core moving pike slides 2 passes

4)Core pushup pike ups (slider) 20

5)Core combat mountain sliders 30 arm movements

6)Core arch press sliders 30

7)Core arch rock slide in 20

8)Core plank tuck ins 20

9)Core single leg slide tuck ins 20 each

10)Core Reverse Plank Tuck In 20

11)Core Reverse Plank Pike Slide 15

12)Core tuck slide through 5 total